

COMPARISON FOR THE EFFECTIVENESS OF THE ZUSANLI AND TRUE ZUSANLI (OMURA POINT) ACUPUNCTURE POINTS' NEEDLING ON YOUNG SOCCER PLAYERS

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ABSTRACT

The purpose of this study was to investigate the comparison for the effectiveness of the Zusanli and true Zusanli acupuncture points' needling on young soccer players.

Twenty-four young soccer players (age group 15-19) were included in this study.

The young soccer players did a warm up of 10 minutes of exercise bike riding at 50 revolutions per minute and suitable stretching exercises.

Then an isokinetic dynamometer (Cybex) was used and each young soccer player had 2 pretests in order to adapt them to the device, followed by 4 test measurements. In tests, the dominant leg of the athletes was used and the unit power of knee extensor and flexors were measured.

After 30 minutes of full rest, the Zusanli acupuncture points were stimulated with an thumbtack ear needle 0.22x1.3 mm. size. The dominant leg of the athletes was used and the unit power of knee extensor and flexors were measured once again.

The a 24 hour rest period was given to all young soccer players and at the same time next day, each young soccer player was tested on their dominant legs with stimulating the true Zusanli (Omura point) acupuncture point that was determined with the BDORT method and then measuring the unit power of knee extensor and flexors.

The statistics obtained thereby were subjected to Pearsons correlation coefficient and paired t-test. Results of measurement in needling true Zusanli were more effective and meaningful.